

Autumn Squash Soup Shooter with Sherry

6	tblsp.	milled flaxseed	100	mL
2	tblsp.	canola oil	25	mL
1		large onion, chopped	1	
3 ½	lbs.	frozen or fresh cooked cubed butternut squash	1.75	kg
3	cups	chicken stock, apple juice or water	750	mL
1	cup	buttermilk	250	mL
¼	tsp.	ground white pepper	1	mL
½	tsp.	sea salt	2	mL
¼	cup	dry sherry (optional)	50	mL

- Place milled flaxseed in a non-greased heavy skillet. Cook and stir 2 to 3 minutes on medium heat.
- Add oil and onion. Sauté until soft.
- Add squash and stock.
- Cover and simmer 40 minutes.
- Remove from heat and use hand blender to process until smooth.
- Whisk in buttermilk, pepper and salt. Add sherry if desired.
- Taste and adjust seasonings.
- Reheat to very warm before serving. Do not boil.
- To serve: pour into individual shooter glasses for entertaining or serve in bowls.

Yield: 8 servings or 20 shooters

Serving Size: 1 bowl (meal) or 1 shooter glass (entertaining)

Single Serving Nutrient Values per Bowl

Calories	171
Protein	4.49 g
Carbohydrates	28 g
Fiber	7.75 g
Fat	6.27 g
Saturated	0.63 g
Cholesterol	1.29 mg
Sodium	162.9 mg